

RECIPE: HEALTHY BANANA NICE CREAM

PREP TIME: 5 MINUTES

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- 1) 4-5 OVERRIPE, FROZEN BANANAS**
- 2) OPTIONAL MILK OF CHOICE, IF NEEDED TO REACH DESIRED CONSISTENCY**
- 3) PINCH OF SALT**
- 4) 1/4 TSP VANILLA EXTRACT**
- 5) 5 TBSP COCOA POWDER**

METHOD:

1) START WITH BANANAS THAT ARE TURNING BROWN. PEEL AND CUT INTO LARGE PIECES, THEN FREEZE IN AN AIRTIGHT BAG OR CONTAINER.

TASTY TIP: BANANAS BECOME SWEETER AS THEY RIPEN, WHICH MEANS YOU DON'T HAVE TO ADD ANY EXTRA SUGAR TO THIS DESSERT!

2) THROW ABOUT 4-5 BANANAS INTO A BLENDER, FOOD PROCESSOR, OR IF YOU HAVE A HAND MIXER, THAT WOULD WORK TOO.

3) ADD SALT, VANILLA, AND COCOA POWDER TO THE BLENDER.

4) BLEND UNTIL SMOOTH.

TASTY TIP: IF YOUR BANANA MIXTURE IS TOO THICK, YOU CAN ADD 2-4 TBSP OF MILK UNTIL YOU REACH THE DESIRED CONSISTENCY.

RECIPE: BREAKFAST EGG HASH

PREP TIME: 20 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

- 1) 4-6 EGGS**
 - 2) FROZEN CUBED POTATOES, THAWED**
 - 3) 1 CAN BLACK BEANS, DRAINED AND RINSED**
 - 4) GARLIC POWDER, SALT AND PEPPER TO TASTE**
- *OPTIONAL: TORTILLAS, AND SALSA TO SERVE**

METHOD:

- 1) HEAT A LARGE PAN OVER MEDIUM HIGH HEAT AND ADD BUTTER OR OIL - JUST ENOUGH TO COVER THE PAN**
- 2) PLACE A COLANDER IN THE SINK AND EMPTY THE CAN OF BLACK BEANS INTO THE COLANDER, RUNNING WATER OVER THEM UNTIL THE WATER IS CLEAR.**

TASTY TIP: RINSING OFF THE BEANS CAN HELP REDUCE THE AMOUNT OF SODIUM THAT WAS IN THE BEANS

- 3) WHEN THE PAN AND OIL OR BUTTER IS HOT, ADD THE THAWED CUBED POTATOES IN TO THE PAN TO GET CRISPY.**
- 4) AFTER THE POTATOES ARE CRISPY ADD THE BEANS, SALT, PEPPER, AND GARLIC POWDER. ALSO AT THIS TIME TURN THE STOVE TO MEDIUM LOW.**

- 5) ADD 4-6 EGGS, LET THEM COOK, THEN SERVE!**

TASTY TIP: USE 4 EGGS AND KEEP THEM SUNNY SIDE UP, OR USE 6 EGGS AND SCRAMBLE THEM. THEN SERVE WITH OPTIONAL TORTILLA AND SALSA.

RECIPE: QUICK AND CRISPY VEGGIE TOTS

PREP TIME: 20 MINUTES

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- 1) 2 CUPS OF SHREDDED ZUCCHINI**
- 2) 1 BAG OF MIXED VEGGIES, THAWED AND DICED**
- 3) 2 EGGS, LIGHTLY BEATEN**
- 4) 1 TO 1 1/2 CUPS CANNED BREAD CRUMBS**
- 5) GARLIC POWDER, SALT AND PEPPER TO TASTE**

METHOD:

1) PLACE THE SHREDDED ZUCCHINI AND THAWED MIXED VEGGIES INTO A COLANDER AND LIGHTLY SPRINKLE WITH SALT.

TASTY TIP: ADDING THE SALT TO THIS STEP TAKES THE WATER OUT OF THE VEGGIES SO THE END PRODUCT WILL BE NICE AND CRISPY!

2) LET THE VEGGIES SIT IN THE COLANDER FOR 10 MINUTES WITH THE SALT ON IT, THEN USING YOUR HANDS, SQUEEZE OUT AS MUCH LIQUID AS POSSIBLE.

3) TRANSFER THE VEGGIES TO A LARGE BOWL, THEN ADD THE GARLIC, 2/3 CUP OF THE BREAD CRUMBS, EGGS AND 1/8 TSP OF EACH SALT AND PEPPER. STIR THE MIXTURE UNTIL IT IS WELL COMBINED.

4) LINE A PLATE WITH PAPER TOWELS. THEN PLACE A LARGE SKILLET OVER MEDIUM HIGH HEAT AND ADD CANOLA OIL.

TASTY TIP: TO COOK THE FRITTERS IN OIL, USE AN OIL WITH A HIGH SMOKE (OR BURN) POINT FOR EXAMPLE VEGETABLE, SAFFLOWER, AND AVOCADO OIL.

5) ONCE THE OIL IS SIMMERING, SCOOP 3 1, TBSP. MOUNDS OF THE VEGETABLE MIXTURE INTO THE PAN, FLATTENING THE MOUNDS SLIGHTLY AND SPACING THEM AT LEAST 1 IN APART.

6) COOK THE "TOTS" FOR 2-3 MINUTES THEN FLIP THEM ONCE THEY'RE GOLDEN BROWN AND CRISPY.

7) TRANSFER THE "TOTS" TO THE PAPER TOWEL LINED PLATE. SEASON THE "TOTS" WITH SALT AS SOON AS THEY COME OUT OF THE PAN.

8) REPEAT THE COOKING PROCESS WITH THE REMAINING MIXTURE.

RECIPE: ZUCCHINI PIZZA BITES

PREP TIME: 20 MINUTES

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- 1) 2 SMALL ZUCCHINI**
- 2) 1 CUP PIZZA SAUCE**
- 3) 1 CUP SHREDDED MOZZARELLA CHEESE**
- 4) 1/2 CUP MINI TURKEY PEPPERONI**
- 5) 3 TBSP GRATED PARMESAN CHEESE**

METHOD:

- 1) PREHEAT OVEN TO 375 DEGREES F.**
- 2) SPRAY BAKING SHEET WITH COOKING SPRAY**
- 3) SLICE ZUCCHINI INTO 1/4 INCH DISKS**
TASTY TIP: DON'T CUT THE ZUCCHINI TOO THICK OR IT WON'T COOK THROUGH ALL THE WAY
- 4) PLACE ZUCCHINI IN A SINGLE LAYER ON BAKING SHEET**
- 5) TOP EACH ZUCCHINI ROUND WITH 1 TSP OF PIZZA SAUCE**
- 6) THEN ADD THE MOZZARELLA CHEESE, PEPPERONI, AND PARMESAN CHEESE.**
- 7) BAKE FOR 8-10 MINUTES OR UNTIL CHEESE IS MELTED AND HEATED THROUGH**
TASTY TIP: THIS IS A GREAT RECIPE TO INTRODUCE KIDS TO NEW VEGGIES!

RECIPE: PEACHES AND "CREAM" OATMEAL

PREP TIME: 15 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

- 1) 1/2 CUP OLD FASHIONED OATS**
- 2) 1/2 CUP MILK + 1/2 CUP OF WATER**
- 3) 1 TBSP PACKED, LIGHT BROWN SUGAR**
- 4) 1/4 TSP VANILLA EXTRACT**
- 5) 1/2 CUP CANNED PEACHES**

METHOD:

- 1) IN A LARGE MICROWAVE SAFE BOWL, COMBINE OATS, MILK, WATER, AND SUGAR**
- 2) MICROWAVE MIXTURE ON HIGH POWER FOR 3.5-4 MINUTES.**
- 3) WHILE IN THE MICROWAVE DRAIN AND LIGHTLY RINSE THE PEACHES**
TASTY TIP: DRAINING AND LIGHTLY RINSING THE PEACHES HELP REMOVE ANY EXCESS SUGAR OR SYRUP THAT YOU MIGHT NOT WANT.
- 4) CUT THE PEACHES INTO BITE SIZED PIECES IF NOT ALREADY DICED**
- 5) REMOVE FROM MICROWAVE AND STIR IN VANILLA AND ADD PEACHES**
TASTY TIP: OATMEAL IS A GOOD SOURCE OF FIBER, THAT HELPS YOU STAY FULL LONGER!

RECIPE: APPLESAUCE PANCAKES

PREP TIME: 30 MINUTES

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- 1) 2 CUPS OF DRY PANCAKE MIX (SUCH AS HUNGRY JACK COMPLETE BUTTERMILK PANCAKE AND WAFFLE MIX)**
- 2) 1 CUP OF UNSWEETENED, CINNAMON APPLESAUCE**
- 3) 2 EGGS**
- 4) 1/2 CUP OF MILK**
- 5) 1 TSP LEMON JUICE**

METHOD:

1) IN A LARGE BOWL, ADD THE PANCAKE MIX AND MAKE A WELL IN THE CENTER OF THE PANCAKE MIX.

TASTY TIP: CREATING A WELL IN THE PANCAKE MIX WILL MAKE IT EASIER TO COMBINE THE MIX WITH THE OTHER INGREDIENTS.

2) ADD THE EGGS, APPLESAUCE, LEMON JUICE AND MILK; STIR UNTIL SMOOTH

TASTY TIP: ADDING APPLESAUCE IS AN EASY, AND SNEAKY WAY TO ADD MORE FRUITS TO A CHILD'S DIET.

3) HEAT A LIGHTLY OILED PAN OVER MEDIUM HIGH HEAT.

4) POUR OR SCOOP THE BATTER ONTO THE GRIDDLE, USING APPROXIMATELY 1/4 C FOR EACH PANCAKE.

5) BROWN ON BOTH SIDES AND SERVE HOT.

RECIPE: TUNA PASTA SALAD

PREP TIME: 15 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

- 1) 2 SUDDENLY PASTA SALAD KITS (CLASSIC FLAVOR) + SEASONING PACKET**
- 2) 3 CANS OF TUNA, PACKED IN WATER**
- 3) 1 AVOCADO**
- 4) 1 CUP CHERRY TOMATOES, HALVED**

METHOD:

- 1) FILL A LARGE POT WITH WATER AND HEAT ON THE STOVE ON HIGH. WHEN THE WATER STARTS TO BOIL, ADD THE TWO BAGS OF PASTA AND COOK ACCORDING TO THE DIRECTIONS ON THE BOX**
- 2) IN A LARGE BOWL POUR THE SEASONING PACKETS AND CREATE THE DRESSING ACCORDING TO THE DIRECTIONS ON THE BOX.**
- 3) DURING THIS, OPEN THE CANS OF TUNA AND DRAIN THE WATER OFF**
- 4) CUT THE AVOCADO AND DICE IT**
TASTY TIP: AVOCADOS ARE A GOOD SOURCE OF HEALTHY FATS THAT WE NEED IN OUR DIETS!
- 5) HALVE THE CHERRY TOMATOES**
TASTY TIP: PLACE THE CHERRY TOMATOES BETWEEN TWO TUPPERWARE LIDS. PRESSING DOWN LIGHTLY ON THE TOP LID WITH ONE HAND AND THE OTHER HAS A KNIFE IN HAND AND GOES BETWEEN THE LIDS TO CUT ALL THE TOMATOES AT ONCE
- 6) ONCE THE PASTA IS DONE COOKING, DRAIN OFF ALL THE WATER AND COMBINE INTO THE BOWL WITH THE DRESSING. ADD ALL OTHER INGREDIENTS AND STIR TO COMBINE!**

RECIPE: BAKED TAQUITOS

PREP TIME: 1 HOUR

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- 1) 2 CANS BLACK BEAN, REFRIED BEANS, UNSEASONED**
- 2) 2 CHICKEN BREAST**
- 3) 20 TORTILLAS**
- 4) SHREDDED CHEESE**
- 5) 2 LOW SODIUM TACO SEASONING PACKETS**

METHOD:

- 1) PREHEAT THE OVEN TO 400 DEGREES F.**
- 2) PLACE THE CHICKEN BREAST ON A BAKING SHEET AND BAKE FOR 20-25 MINUTES OR UNTIL A COOKING THERMOMETER READING 165 DEGREES F FOR 15 SECONDS**

TASTY TIP: PLACE THE THERMOMETER INTO THE THICKEST PART OF THE CHICKEN BREAST TO ENSURE A CORRECT READING, THIS WILL ENSURE THAT THE REST IS ALSO THOROUGHLY COOKED.
- 3) WHILE THE CHICKEN IS COOKING, PUT THE REFRIED BEANS INTO A MEDIUM MIXING BOWL. ADD 1/2 OF THE TACO SEASONING PACKETS TO THE BEANS, STIR TO COMBINE.**
- 4) LAY ONE TORTILLA ON A FLAT SURFACE. DOWN THE MIDDLE OF THE TORTILLA SPREAD 1-2 TBSP OF THE BEANS AND SPRINKLE ABOUT 1 TBSP OF CHEESE OVER THAT. REPEAT WITH THE REST OF THE TORTILLAS**
- 5) WHEN THE CHICKEN IS DONE COOKING, PLACE INTO A LARGE MIXING BOWL. SHRED THE CHICKEN. AFTER THE CHICKEN IS SHREDDED ADD 1/2 TO 1 FULL LOW SODIUM TACO SEASONING PACKET, STIR UNTIL ALL THE CHICKEN IS COATED**

TASTY TIP: SHEDDING THE CHICKEN WITH A HAND MIXER ON MEDIUM LOW SPEED WILL SHRED THE CHICKEN IN HALF THE TIME.
- 6) PLACE 1-2 TBSP OF THE SHREDDED, SEASONED CHICKEN ON TOP OF THE CHEESE AND BEANS.**
- 7) ROLL UP TIGHTLY AND PLACE THE TAQUITOS SEAM DOWN IN A BAKING DISH.**
- 8) SPRAY TOPS WITH NONSTICK BAKING SPRAY AND BAKE FOR 20-25 MINUTES OR UNTIL GOLDEN BROWN**

RECIPE: TUNA SALAD SANDWICHES

PREP TIME: 15 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

- 1) 2-3 CANS OF TUNA, PACKED IN WATER**
- 2) DILL PICKLE RELISH**
- 3) RED PEPPER FLAKES**
- 4) GREEK YOGURT**
- 5) WHEAT BREAD**

METHOD:

- 1) OPEN AND DRAIN THE WATER OFF THE TUNA**
- 2) IN A MEDIUM MIXING BOWL ADD THE TUNA, DILL PICKLE RELISH, GREEK YOGURT, AND RED PEPPER FLAKES, STIR TO COMBINE!**

TASTY TIP: USING GREEK YOGURT INSTEAD OF MAYO, GIVES YOU A LITTLE MORE PROTEIN, AND HELPS YOU SAVE MONEY BY NOT BUYING ANOTHER INGREDIENT

- 3) PLACE ON WHEAT BREAD AND ENJOY!**

TASTY TIP: TOAST THE WHEAT BREAD TO GIVE THE SANDWICH MORE TEXTURE.

RECIPE: ROSEMARY CHICKEN AND POTATOES

PREP TIME: 45 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

- 1) 4 CHICKEN BREASTS**
- 2) 3-4 TBSP DRIED ROSEMARY**
- 3) FROZEN CUBED POTATOES**
- 4) GARLIC POWDER**
- 5) 2 CANS OF SPINACH**

METHOD:

- 1) PREHEAT THE OVEN TO 400 DEGREES F.**
- 2) PLACE THE 4 CHICKEN BREAST ONTO A BAKING SHEET SEASON WITH SALT, PEPPER, GARLIC POWDER AND DRIED ROSEMARY. PLACE IN THE OVEN AND COOK FOR 20-25 MINUTES OR UNTIL A THERMOMETER READS 165 DEGREES F FOR 15 SECONDS.**

TASTY TIP: PLACE THE THERMOMETER INTO THE THICKEST PART OF THE CHICKEN BREAST TO ENSURE A CORRECT READING, THIS WILL ENSURE THAT THE REST IS ALSO THOROUGHLY COOKED.
- 3) ON THE STOVE, HEAT A SMALL AMOUNT OF OIL IN A LARGE SKILLET. ADD THE THAWED CUBED POTATOES, COOK UNTIL CRISPY. SEASON WITH DRIED ROSEMARY, SALT AND PEPPER**
- 4) IN A SMALL POT, ADD THE TWO CANS OF SPINACH, AFTER DRAINING OFF SOME OF THE WATER. ADD GARLIC POWDER, SALT AND PEPPER TO TASTE AND HEAT UNTIL WARM**

TASTY TIP: SPINACH IS A GOOD SOURCE OF IRON!

RECIPE: TURKEY CHILI

PREP TIME: 45 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

- 1) 2 POUNDS OF GROUND TURKEY**
- 2) 1 PACKET OF LOW SODIUM CHILI SEASONING**
- 3) 2 (32 OZ) CANNED DICED TOMATOES**
- 4) 1 (32 OZ) CAN OF TOMATO SAUCE**
- 5) 2 CANS OF KIDNEY BEANS, DRAINED AND RINSED**

METHOD:

- 1) HEAT A LARGE SOUP POT ON THE STOVE OVER MEDIUM-HIGH HEAT.**
- 2) ADD THE 2 POUNDS OF GROUND TURKEY, ALLOWING TO BROWN, CRUMBLE WITH A SPOON, AND STIR TO MAKE SURE THE MEAT DOESN'T BURN**
TASTY TIP: SWAPPING THE TURKEY FOR THE GROUND BEEF IS A GOOD WAY TO HELP CUT DOWN ON RED MEAT!
- 3) ONCE THE TURKEY MEAT IS THOROUGHLY COOKED (YOU SHOULD SEE NO MORE PINK) ADD THE CHILI SEASONING, DICED TOMATOES, TOMATO SAUCE, AND KIDNEY BEANS.**
- 4) ALLOW TO SIMMER FOR 15-20 MINUTES TO ALLOW FLAVORS TO BLEND TOGETHER**
TASTY TIP: TO MAKE THIS CHILI MEAT FREE, TAKE OUT THE TURKEY AND ADD A VARIETY OF BEANS

RECIPE: CHICKEN AND RICE BOWLS

PREP TIME: 3-4 HOURS

DIFFICULTY: LOW

INGREDIENTS:

- 1) 2-3 CHICKEN BREAST**
- 2) 1-2 CANS OF ROTEL**
- 3) 1-2 CAN OF BLACK BEANS, DRAINED AND RINSED**
- 4) 1 PACKET OF LOW SODIUM TACO SEASONING**
- 5) BROWN MINUTE RICE**

METHOD:

1) IN A CROCK POT ADD 2-3 CHICKEN BREAST, 1-2 CANS OF ROTEL, 1-2 CANS OF BLACK BEANS (DRAINED AND RINSED), AND 1 PACKET OF LOW SODIUM TACO SEASONING. STIR, PLACE THE LID AND SET ON HIGH FOR 3-4 HOURS. AFTER 4 HOURS SHRED THE CHICKEN AND SERVE OVER RICE

2) IF MAKING ON THE STOVE: CUBE CHICKEN INTO BITE SIZED PIECES AND PUT IN A LARGE SOUP POT. COOK FOR 15-20 MINUTES OR UNTIL COOKED. ADD THE ROTEL, BEANS, AND TACO SEASONING. COOK FOR AN ADDITIONAL 10-15 MINUTES TO LET THE FLAVORS COMBINE.

TASTY TIP: IF YOU HAVE EXTRA CANS OF CORN OR OTHER BEANS ADD THEM!

3) FILL A MEDIUM SIZED POT WITH WATER AND PLACE ON THE STOVE OVER HIGH HEAT. ADD TWO BAGS OF THE MINUTE BROWN RICE INTO THE WATER, AND COOK ACCORDING TO THE BOX DIRECTIONS

TASTY TIP: MINUTE RICE IS ALREADY PARTIALLY COOKED WHICH IS WHY IT COOKS SO FAST ON THE STOVE!

4) WHEN THE RICE IS DONE, POUR OUT THE WATER, SERVE RICE EQUALLY AMONG BOWLS, AND LADEL OVER THE CHICKEN MIXTURE.